

# Heart, Home, Now

*A Heart-Warming Field Guide for the  
Journey from Pain to Peace: Volume II*

thecalminside

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*Within your Heart, there is  
A forgotten Home  
That you can retire to Now.*

This book, or booklet is a companion to or a continuation of my previous work: Pain, Life, Love. This book explores other related aspects of Pain, Life and Love and urges a push inward towards your Heart, your Home and this inescapable moment Now.

As with any writing like this, feel the words and let them sink in. Get to know, through these words, the parts of you that may have been pushed aside or left out of your life. Or that you may just be too busy for.

Honor those parts of you and simply read. If things do come up, let them and always read at your own pace and feel free to read through this book multiple times and truly be with what is written.

It's cliché to say, but these words don't truly come from me, from my mind; they just come. They come from a warm full calm space I've found within me. That space is in you too, honor it and feel it. Discover and cultivate it. That's my hope.

My hope is that you find and be with a full, warm, calm still place that is simply there within you. I also hope this book can lead you to a new perspective, more simplicity and gentleness in your life and to a Home within that you cannot truly leave.

As always, take care and much Love,

~greg (thecalminside)

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# Heart:

*The heart is the only reality.*

*-Ramana Maharshi*

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*Go to your Heart*

*Be Heart-full*

*Be full of Heart*

*Give space to that space inside you*

*Let it connect you to all*

*That lies outside of you.*

*The Heart unites*

*When you feel separated*

*Return to your Heart.*

*When the mind pulls you*

*Live in your heart.*

*Soften to all that encases your Heart*

*Soften, let go and return to*

*That space in your chest*

*Let it dissolve all and*

*Let it leave nothing but*

*Your wholeness*

*Your perfection and*

*Your inherent completeness.*

The word Heart can be misleading, but it is just the space in your chest. When I say "Heart", I simply mean the space in your chest just above where your ribs come together.

Your physical heart is to be appreciated and respected for the power and strength it possesses, but the Heart is devoid of a physical nature and is simply beside it; it resides in the same part of you as your physical heart, but it is not of the physical realm. It is simply beyond it.

Your Heart is your guide, your transmitter and your receiver. Your Heart contains all other Hearts and so it is your bridge to all. It is Your Home. Your compass and your wisdom. Your Heart is full, your Heart is Love and it is completely complete and wholly whole. It is simply what remains when all else is laid to rest.

Your Heart is the great solvent. All problems dissolve in your Heart. The mind and its wondering dissolve and find peace in your Heart. Questions dissolve because the answers they seek are found in your Heart. Fear and insecurities dissolve in the warmth and security of your Heart. The world dissolves in your Heart. Be with your Heart fully, trust it and let it dissolve what burdens you.

No matter how many spiritual or holy words you read, there is nothing better for you — more suited for you, than the words that come from your own Heart.

Be still. Listen to it. Speak to it and let it speak to you. Make peace with it. Protect it. And let it radiate out.

Words — these words — only point the way, but this is interactive and the best way to know your Heart is to feel it. Give it love. Spend time each day with your attention in your chest and feel the wholeness, the completeness and the Love there. When your attention and your Heart are brought together, there is harmony, ease, connectedness, the world becomes lighter, and things naturally fall into place. Whatever comes or goes in your life is simply taken as a wave that laps at your boat's bow and not a tsunami that wrecks your entire village.

# Home:

*We are all just walking each other Home.*

*-Ram Dass*

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*You carry Home with you  
You truly and deeply  
Can never leave Home.*

*You can be anywhere  
And with anyone  
And feel at Home*

The movement is always returning; returning Home. We are always searching for the way back Home, the way back to comfort, the way back to safety, aliveness, tenderness and security. But Home is not a place, nor in a certain situation. Home is within. It is within you, within your Heart and within this moment Now.

Examine what you believe about Home. Look at what you were taught about your true home. Just simply take time, look at and question your possibly long held belief that your true home is anywhere other than within you Now.

Home can hide, it can be hidden and covered, but with looking, with inward attention it is uncovered. Simply put: dig! Go towards your inner body with your attention and discover that: Underneath all the hum is Home. Underneath all the stress, unease, anger, sadness and the pull of this and that, this way and that way; is simply the feeling of Home.

We go out and we get lost, we go out and we forget our way back, but we are pulled back Home by Life. The people, circumstances and situations created in our lives are

drawing us back Home. They are pulling us back to ourselves by the turmoil, drama, feelings and emotions they bring up within us.

It is when we don't deny or fight those feelings, but feel them, honor them and give them our patience that we are directly led back Home.

Follow those feelings and emotions in and let them have space within you and experience the Home that they cover but cannot truly take away from you.

We can ignore that pull and prolong the journey back because the return Home can be uncomfortable but try to let those people and situations lead you back.

Let them break your search for comfort and security outside of yourself down. Let them exhaust you. Let them show you the way. Let them teach you surrender and let them push you back Home.

This push and pull from the outside world on us is simply the pull of security and safety back to themselves. This is the pull of Love back to itself. This is the pull of Life back to itself.

This pull Homeward is done so our true home that inherently dwells within us can finally have our undivided attention and rest in its proper place in our life.

When you have returned, when your Home is found, you can always return to it when needed, when you are stressed, uneasy or lost. You can relax deeply, feel and just be Home.

*You are always Home;*

*You always have been.*

Let that resonate within you. Sense that and simply return to that place you venture away from to get to. Return to the true source of what you are trying to get back to by what you're doing with your life.

It calls you. Return to it. Breathe, feel, go inward and simply but earnestly return to it.

*Return Home.*



Now:

*Be here now.*

*-Ram Dass*

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*You are Now*

*It's all here for you Now:*

*You breathe Now*

*You feel Now*

*You live Now*

*Life is simply Now.*

*This is it*

*All that has been*

*And all that will ever be*

*Is Now.*

*There truly is no other time*

*No other place to be*

*Surrender to this, be Love and live*

*You don't need to force yourself to be*

*In this moment now*

*You are this moment Now*

*Breathe, soften and just be.*

In this moment, all is found, nothing is sought. In this moment you are not burdened by your past and you are not held captive by your future. There are simply feeling and thoughts that make up the past and make up the future, but they don't have to control

you and they don't have any true or real hooks in you Now. Love and release them and discover your inherent freedom that lives within you Now.

Try to sense that Now is all you have. This is Eckhart Tolle's message: Now is all there is. And I will say that too — I've realized this too — but that means nothing to you, it's only words, it isn't real unless you experience this. Unless you sense and resonate with this too, unless you get in touch with that part of you that knows this is true — that this is a simple truth to life — these are all just words on paper or on a screen. They have no bite.

So, soften and bring your attention to this moment Now, time and time again. Feel. Get in touch with that part of you that is always Now and can never not be Now.

Sense that part of you. Let that part of you out. It is so simple you may have missed it your entire life, but you can still access that part of you.

Awakening is that part of you that knows this asserting itself. It is you realizing that part of you and letting it come forth. It is that part of you waking up from its slumber and allowing you to see clearly how it truly is. Look, observe and let this be. Let it all sink in. Soften, just be and try to let this all in.

This moment Now can be painful or uneasy. This moment can present hurt and Pain. This is why we run from it. This is why there are so many distractions from it. This is why we dream of the future and remember the past. But lasting peace, ease and comfort are only to be found within the unease, within the discomfort and within the Pain — within this moment Now.

Touch your Pain and touch your Home. Touch your sensations and emotions that reside in you Now. Touch Life. Touch the only thing that is truly true and really real. This. Now.

If you're anxious, if you're worrying, if you're filled with regrets or grudges; breathe, soften and return to this moment. This won't make those go away. It will simply give space in you for them to dissolve and for You to step forth, for Life to step forth. And for the realization that Now is King to assert itself to you. And in that realization regret, worry and grudges will lose hold of you. You'll know freedom beyond all those things.

You'll uncover another layer that resided in this moment Now that contains them but is free of them.

What is lacking Now, in this moment? When were you ever not Now? When were you ever not here and Now? What is this Now? What is your role in this?

Get to the bottom of those questions and it will start to unfold before you. Soften to those question and let them in and you'll start to wake this wise and clear-seeing part of you up. This part that we all possess but few take full advantage of will begin to assert itself within you.

# Inward:

*And you, when will you begin that long journey inward?*

*-Rumi*

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*The only journey is inward.*

*The journey is always inward.*

*The journey to finally get Home*

*Is inward.*

*The journey to find true peace*

*Is inward.*

*The journey to your strength*

*Worthiness and wholeness*

*Is inward.*

*Turn your attention inward.*

*Explore your inner Universe.*

The outer Universe is vast, fragmented and ungraspable; the inner Universe is whole, tangible and available Now.

We as humanity, will explore the outer reaches of the Universe when technology allows, but now we are poised for a deep dive inward, a deep and fulfilling journey to the depths of our inner Universe.

That is where we as a species are now. A few brave pioneers will venture first and if you're reading this — if you haven't put this book down yet — you are one of those brave individuals.

Those few will journey, bring back and share what they have found and that will start the cascade of warriors; then the journey inward will be common-place. Then it will become popular.

Your breath is your guide on the journey inward. The breath is the gateway to the inward journey and is an ally and will always leads you back into yourself.

Breathe and be with the breath fully. Honor your breath and the power it has to lead you on your path.

Breathe, pay attention to it and let it lead you back. Back inward. Breathe and follow it in, let it out, and follow it back in again. Follow it until you reside in your chest and are established within yourself.

Once established, feel and continue to breathe. Soften fully; this is the practice. This is the journey. Always gently, back inward.

On that journey you'll discover things, things will open up. There are bumps, there are dark times, but they with resolve, and they will lead to the brighter times. The dark will always lead to light. Honor the darkness as light, for it cannot be different from the light; for that is all there truly is.

## Flow:

*Life flows*

*Seamlessly*

*No end*

*No beginning*

*Only Flow.*

*One thing flowing*

*Being and spontaneously completing itself*

*Over and over again*

*Without effort or exhaustion.*

Flow is undefinable, but undeniable. It is sensed; not grasped. It moves all things and yet alone remains unhindered.

What is an end, but a new beginning? What is a beginning, but only something's end? Don't take sides and sense the seamless flow of it all. Sense that beyond all the back and forth and the in and out is simply one thing flowing and endlessly furthering its reach.

Seek stillness. That stillness is the entry point to flow. Find stillness and this flow will reveal itself to you. It is through stillness of the mind and stillness of the Heart that flow surrenders its all pervasiveness.

Removing your labels on the world, doing Yoga — fluid movement — or going into nature are all good ways to get back to that stillness.

In nature; Life flows. It all simply connects and chaos meets harmony. Simply look and observe nature, there are dead trees that give life to new flowers. A stream nourishes and refreshes then returns back to the ocean, to a cloud, to rain, and then back to a stream to refresh and nourish again. This is the flow, this is the return and the outstretching — the furthering and the collapsing.

Try to get in touch with that, even if you're at your desk or on your couch and have never been in nature, try to find this stillness that's surrounds you and this simple but overwhelming flow that pushes and guides all.

Sensing, feeling or realizing the flow to all. Things begin to fall into place. Harmony is restored. Things dissolve back into themselves. All simply has a place, makes sense and resonates on a deep level. Nothing is taken personal and all is welcome. Nothing is left out in the cold.

When the flow that cradles all is presented to you calmness sets in, warmth and compassion grow naturally from your being and spreads out to your world.

# Death:

*Death smiles at us all, all a man can do is smile back.*

*-Marcus Aurelius*

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*Death brings newness to life*

*Death brings color to life*

*Death brings life to life*

*Truly and deeply knowing that*

*You and everything will pass:*

*Life comes to life.*

*And Life is seen for what it truly is:*

*Beautiful and fragile.*

*Seek to uncover where you come from*

*Seek your source and realize that*

*Death is simply a return to that.*

Death is a return; a force. Death is Life's pull to create, to make new, to push itself further and to refresh itself. Death is cold and harsh, but beautiful and humbling. It softens the hardest person and brings the proudest to their knees. It is all powerful.

We all die. Everything dies. This is the way of it. No one and no thing escapes this, nothing sneaks through because the net is infinitely vast and has the smallest of meshes.

Death will come. What will come; will come. You can ignore it and not face it, but death is always there and is simply shunned beauty and denied perfection.



Turn towards it for once. Embrace it for once. Hold it close for once. Un-distract yourself from it for once. And see it for what it truly is: beautiful.

Look, observe, try to get a sense of this. Try to sense this whole thing that we all share and death's beautiful role in it. Remove all your labels and just simply observe Life around you and feel Life within you and know that countless things had to die for you to be here — for all to be how it is. Nothing would be here Now if not for the powerful force that is death. Try to sense the beauty of that.

This is simply Life at work; Life in action. It is loving and embracing but impersonal and endless in its ability to destroy, create new and push forward. There is no guilt in this; this is just Life. Life is just simply death. They share the same address, and they are both beautiful. Try to embrace that. Try to honor that.

This embrace and this honor will not come easy. Death hurts and this will be hard, but gently embrace and consciously honor, and see this all at work.

See death in the flower that grows from the soil. See death in the giggle of a new born baby. Soil is death and decay, birth and life are only possible because of death, feel that. Try to change your relationship to it and try to honor death.

Let death teach you that life is delicate and can slip away easily. Embrace all things for being here and for sharing life with you, even if it is only for a short time.

Ride the wave of this all and simply try to see that it's all ok. Birth and death are simply all ok and an inseparable part of this whole ride. We can wish the bad away and try to hold onto the good, but it doesn't work that way, and it's just simply all ok. Feel that.

It all flows and it all moves in ways we sometimes enjoy and in ways that are sometimes abrasive. Just be with it all and let it all live through you.

No one wants to do this. This is scary. That's truly ok, fear is the force death uses to get honor and respect from us. Just simply try and give it to it. It is all powerful; respect that. It is a great teacher; respect that and honor that.

Let yourself grieve death. Grieving is how we honor death. It is through the grieving process that death is honored and respected. It is how its power is used for healing and for closure.

This healing process is a natural one. The grieving process is a natural one, which means it comes without effort. Just simply allow it to take place. This is not weakness, this is death's strength living and having life through you.

You simply and messily grieve; that's all ok and natural. You grieve for others and you grieve for yourself. You grieve for the way things could've been and you grieve for the way it will all turned out. This is all natural, you have to let it run its course.

Cry, feel and let those things have their way with you. Release them. Submit to them. Surrender to them. Feel. Face and work with death. Let the powerful force that death is push you to new heights. Use that force to gain ground.

Get in touch with and honor your own death. Let yourself lie down and let yourself relax, relax and relax, as fully as you can and then go further. Close your eyes and keep relaxing. Imagine that it all leaves you, your name, job, school and friends, relax and let them leave you and keep relaxing until there is nothing left, just this. Just your aliveness and the absolutely undeniable fact that you are here — then let that go. Let the idea of you being here or not being here go and just be.

This is death, nothing inside of nothingness, but in that nothingness there is something, but it is no thing, it is The Seed, The Source: Home.

All things arise from that something that is nothing and we truly never leave it. We spin from it but it is there still within us. It is us. Sense this. Feel this.

This is a place you cannot ever be away from, only dream you have been. Death is the waking up to that. The return to that. That return is simply necessary.

We fear it, but that fear is simply a layer of ourselves that encapsulates us to shield us from that Seed. But we have to return. We must. All things return to that Seed.

## Mind:

*What is called 'mind' is a wondrous power residing in the Self. It causes all thoughts to arise. Apart from thoughts, there is no such thing as mind.*

*-Ramana Maharshi*

The mind is thoughts, ideas and concepts. The mind is movement; a monkey swinging from branch to branch, from idea to idea, from problem to problem. The mind is how we typically move through this world. It leads us. It pulls us and it pushes us.

We are a society pulled by the mind and pushed by our unconscious long held beliefs. They are running the show, because we are absent.

We have to become present, we have to push to take our lives back. We have to move. The movement is a return to balance. A balancing of the mind with the Heart. A uniting of the mind and Heart. A marriage of the mind with the Heart.

The mind is amazing — a force — and forces like the mind require balance. Fire and ice, day and night, dark and light, mind and Heart these things all need balance. They are powerful and moving forces and they have a natural balance. This is the way of it. The mind needs us to actively balance it though. It requires our will to balance it and to return it to its proper place.

This is the practice: when you notice you're in your head thinking: breathe and simply feel your body. Feel your Heart. Breathe and simply feel the full aliveness that resides within your Heart.

Pull your mind from its thoughts, ideas and concepts, bring Love to it and let it sink back into and dissolve in your Heart. Lovingly lay it down; this is the way back to calmness and security. This is the way to balance. This will end all the insanity and bring about wholeness.

Look at and question your long held beliefs and begin to create space between you and them. Write them down and really look at them. Why are they there? Who put them there? Look and see: dig.

This all takes time and you're supported in this. Feel that and dig into these things. Separate yourself from your mind and its beliefs that it holds because they work for you. They keep you alive and they keep you going, but they limit you and hold you stuck in rigidity. And there is just simply more here for you. More for you to experience beyond those.

# Reality:

*Reality is that which, when you stop believing in it, doesn't go away.*

*-Phillip K. Dick*

Reality is this. Reality is just this. Nothing to believe in, nothing to hold onto, just this. It is what you've always experienced and it is just the space for experience to take place in. It is in reality that you live, and it is within reality that all things take place in.

*And in Truth:*

*You are that reality*

*Reality is you.*

The past was a past reality and the future will have a future reality, but the only true reality is here and Now. Getting in touch with that reality, life becomes simple, less chaotic, softer and it all begins to simply flow and just be.

Reality doesn't make sense all the time, but reality is. Let it be as it is. Relax, soften and be with it — sense it. Feel the space for reality. Allow reality. Allow it and allow all that fills your reality, within and without. Take time to do this each day if you can.

Strip off your beliefs of how things should be, of how yourself, others or life should be and just be with what is. It is as it is. De-label what you experience and just experience. It is all very simple and it is all very whole and complete. Feel that.

You don't have to be a certain way. Life doesn't have to be a certain way, your experience doesn't have to be a certain way. Feel that. It is as it is. Feel that. Just be.

Feel your aliveness, touch reality and sense your simple but all-encompassing place in all of this. Sensing that, you won't feel lost or confused, you'll find your Home and realize the support that is there for you, because it all is you. And you want what is best for you. You support you; always have and always will.

# Layers:

*All the layers of Life are available*

*And present for you Now*

*Nothing is hidden.*

There are two layers to all of this. On one layer, all is chaos and disorder. On another, all is perfectly flowing and in harmony. One layer contains possessions, names, forms, individuals or as the Buddha called them: the Ten Thousand Things. And on the other layer resides the One, the All, God, that which we all spin out of. That which we are simply manufactured from.

I can call one deeper and one surface, but truly, one isn't deeper or better, just more whole and more complete. One encompasses the whole story and the other simply leaves parts out. One includes; the other excludes. One is absolute and the other relative.

The surface layer only gives length, the deeper layer gives depth and like a tree, if only length is gained, if we only reach out and not down, we become unbalanced and topple over.

Get to the depth this other deeper layer provides and the winds of life won't bow you. You'll find your stability and your unchanging nature. You'll find your deep roots.

Seeing or realizing only one layer — the surface layer — life becomes chaotic, confusing and disjointed.

Thoughts pull and feelings will push you along. You'll run into confusion and frustration time and time again. Events will confuse and frustrate you. People will confuse and frustrate you. And you will confuse and frustrate yourself time and time again.

This confusion and frustration is a signal to begin to access that other layer. That frustration and confusion will lead you to that other deeper layer, if you follow them and

don't avoid them they will lead you to a surrender that will bring that deeper layer to you.

Those things will simply be your guru and fiercely point the way down into yourself and lead you to the layer below your surface layer. They will lead you back to that deeper layer within.

This deeper layer has been there all along quietly, but lovingly guiding you. It embraces you and holds you while you go about your life. You can simply and softly gain access to what is guiding you and see what isn't hidden but hides.

Because of its absolute raw nature, that deeper layer is armored and shielded by the surface layer, but you can un-shield it and it will present itself to you when you relax fully and bring awareness — soft attention and Love to those parts of you that attack, defend and lash out at yourself and the world.

Bring Love to those parts of you, bring the softest and most accepting love that you can imagine into yourself and let those parts swim in it. And see what they are fighting so hard to protect and shield from the harsh outside world. Un-shield and experience this deeper layer that they are fiercely protecting because nothing else is.

## Simplicity:

*Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become.*

*-Yogananda*

Be simple. Feel your feet on the ground or your butt in your seat. Return to the simplicity of this moment.

Just breathe, just feel and just be. Sense the space for all of these things to take place in and soften to that space. Feel the breathe come into you and push out of you and simply be here.

We are given only a short time to be alive, it is all very simple, just sense this. Try to see that we complicate life and we make it into something that it is not. We complicate what is simple.

We complicate things to feel smart and to make ourselves feel better than others; this is all unnecessary and a source of vast unnecessary unease.

This is all done because we have lost our simple nature and our Home. Our natural, simple and playful nature is lost so, we try fill that vacancy with a complicated world. We seek Home in complexity. But it will elude us in this way.

This way Home is not found and these holes created in us are never filled for long and stress, anxiety, worry, sadness, unworthiness are actually what we are cultivating; they are simply the by-product of complicating life.

The key: return to the simple. Take steps back to your original simple-ness. Simply breathe. Simply feel. Simply be. This is the way back. This is the way back to something we have lost.

This is the way back to something we all still have within us, but is just buried under layers and layers of complication. It is buried but exhume-able.



*We can return.*

We have to take those steps though. We have to turn it all around and simply walk the simple path. We have to consciously take that plunge into the still and simple refreshing water of Life that is here in this moment Now. And we have to let go of what is only weighing us down and complicating us. Walk those things to the airport, hug them and let them take flight. Let them unburden you.

Walk the simple path by simply letting go and releasing the baggage — the weight. And return to the vast support of this simple moment that lovingly embraces you.

Thank you for reading this short, but hopefully deep return to a place within you. I hope this book can aide you in your life and I hope you've enjoyed reading what I've written as much as I've enjoyed putting it together.

Take care,

~greg (thecalminside)

If you enjoyed this book I'd appreciate it if you took the time to leave a short review on Amazon and while you're there look for my other work:

*Pain, Life, Love, still small voice* and *Just Be*

And for even more; check out my blog on [Tumblr](#).